



Aquatic Division
400 Deep Eddy Avenue
Austin, TX 78703
512-974-9332
aquaticsoffice@austintexas.gov



LIFEGUARD TRAINING & LIFEGUARD RE-CERTIFICATION COURSE SCHEDULE

LIFEGUARD TRAINING

Lifeguard Training courses are for students who have not been lifeguards. Please note that the first day of all classes will meet at their designated pool. Students are required to perform the course prerequisite skills tests (listed below) upon arriving for the first day of class. Students must also be able to attend all dates listed per course to fulfill the completion requirements. A course syllabus will be provided to all students successfully completing the prerequisite skills tests which will indicate which dates will meet at the designated pool and which dates will be held at the Aquatic Office.

Course prerequisites include successful completion of the following skills:

- ◆ Swim 300 yards continuously, using these strokes in the following order:
 1. 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick
 2. 100 yards breaststroke using a pull, breath, kick, glide sequence
 3. 100 yards of either front crawl or breaststroke
- ◆ Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7—10 feet; retrieve a 10-pound object; return to the surface; swim 20 yards on your back to return to the starting point with the object and exit the water without using a ladder or steps; within 1 minute, 40 seconds
- ◆ Tread water for 2 minutes using your legs only

Code	Course Dates	Times	Location	Fees
F1	Nov 23, 24, 25 Nov 26, 27, 28	8am—6pm 6pm—10pm	Stacy Pool & Aquatic Office	\$20
F2	Dec 27, 28, 29, 30, 31	8am—6pm	Stacy Pool & Aquatic Office	\$20
F3	Jan 2, 3, 4, 5, 6	8am—6pm	Stacy Pool & Aquatic Office	\$20
F4	Feb 9, 10, 16 Feb 11, 12, 13, 14, 15	8am—6pm 6pm—10pm	Stacy Pool & Aquatic Office	\$20
F5	March 9, 10, 11, 12, 13	8am – 6pm	Stacy Pool & Aquatic Office	\$20
F6	March 13, 14, 15, 16, 17	8am—6pm	Stacy Pool & Aquatic Office	\$20
F7	March 23, 24, 30 March 25, 26, 27, 28, 29	8am—6pm 6pm—10pm	Stacy Pool & Aquatic Office	\$20
F8	April 6, 7, 13 April 8, 9, 10, 11, 12	8am—6pm 6pm—10pm	Stacy Pool & Aquatic Office	\$45
F9	April 20, 21, 27 April 22, 23, 24, 25, 26	8am—6pm 6pm—10pm	Stacy Pool & Aquatic Office	\$45
F10	May 4, 5, 11 May 6, 7, 8, 9, 10	8am—6pm 6pm—10pm	Martin Pool & Aquatic Office	\$45
F11	May 13, 14, 15, 16, 17	8am—6pm	Martin Pool & Aquatic Office	\$55
F12	May 18, 19, 25 May 20, 21, 22, 23, 24	8am—6pm 6pm—10pm	Martin Pool & Aquatic Office	\$55
F13	May 20, 21, 22, 23, 24	8am—6pm	Martin Pool & Aquatic Office	\$55
F14	May 25, 26, 27 May 28, 29, 30	8am—6pm 6pm—10pm	Martin Pool & Aquatic Office	\$55
F15	June 7, 8, 9, 10, 11	8am—6pm	Walnut Creek Pool & Aquatic Office	\$55
F16	June 10, 11, 12, 13, 14	8am—6pm	Martin Pool & Aquatic Office	\$55
F17	July 15, 16, 17, 18, 19	8am—6pm	Martin Pool & Aquatic Office	\$20
F18	Aug 5, 6, 7, 8, 9	8am—6pm	Martin Pool & Aquatic Office	\$20

Re-certification courses are review courses for currently certified lifeguards. Please note that the first day of all classes will meet at the Aquatic Office in the training room. The day will begin with a review orientation, if you have not worked for the City of Austin or if you did not work last season you will need to attend a full orientation and will not need to arrive until 9:00am on the first day of class. The second day of class will meet at the designated pool.

Code	Course Dates	Times	Location	Fees
R1	Nov 24 & 25	7am—6pm	Aquatic Office & Stacy Pool	Free
R2	Dec 8 & 9	7am—6pm	Aquatic Office & Stacy Pool	Free
R3	Dec 22 & 23	7am – 6pm	Aquatic Office & Stacy Pool	Free
R4	Dec 29 & 30	7am—6pm	Aquatic Office & Stacy Pool	Free
R5	Jan 5 & 6	7am—6pm	Aquatic Office & Stacy Pool	Free
R6	Jan 19 & 20	7am—6pm	Aquatic Office & Stacy Pool	Free
R7	Feb 2 & 3	7am—6pm	Aquatic Office & Stacy Pool	Free
R8	Feb 16 & 17	7am—6pm	Aquatic Office & Stacy Pool	Free
R9	March 2 & 3	7am—6pm	Aquatic Office & Stacy Pool	Free
R10	March 9 & 10	7am—6pm	Aquatic Office & Stacy Pool	Free
R11	March 11 & 12	7am—6pm	Aquatic Office & Stacy Pool	Free
R12	March 13 & 14	7am—6pm	Aquatic Office & Stacy Pool	Free
R13	March 16 & 17	7am—6pm	Aquatic Office & Stacy Pool	Free
R14	March 30 & 31	7am—6pm	Aquatic Office & Stacy Pool	Free
R15	April 6 & 7	7am - 6pm	Aquatic Office & Stacy Pool	\$20
R16	April 13 & 14	7am— 6pm	Aquatic Office & Stacy Pool	\$20
R17	April 20 & 21	7am—6pm	Aquatic Office & Stacy Pool	\$20
R18	April 27 & 28	7am—6pm	Aquatic Office & Stacy Pool	\$20
R19	May 4 & 5	7am—6pm	Aquatic Office & Martin Pool	\$20
R20	May 11 & 12	7am—6pm	Aquatic Office & Martin Pool	\$20
R21	May 13 & 14	7am—6pm	Aquatic Office & Martin Pool	\$20
R22	May 15 & 16	7am—6pm	Aquatic Office & Martin Pool	\$20
R23	May 18 & 19	7am—6pm	Aquatic Office & Martin Pool	\$20
R24	May 20 & 21	7am—6pm	Aquatic Office & Martin Pool	\$40
R25	May 22 & 23	7am—6pm	Aquatic Office & Martin Pool	\$40
R26	May 25 & 26	7am—6pm	Aquatic Office & Martin Pool	\$40
R27	May 29 & 30	7am—6pm	Aquatic Office & Martin Pool	\$40
R28	June 1 & 2	7am—6pm	Aquatic Office & Martin Pool	\$40
R29	June 3 & 4	7am—6pm	Aquatic Office & Martin Pool	\$40
R30	June 5 & 6	7am—6pm	Aquatic Office & Martin Pool	\$40
R31	June 8 & 9	7am—6pm	Aquatic Office & Martin Pool	\$40
R32	July 20 & 21	7am—6pm	Aquatic Office & Martin Pool	\$20
R33	Aug 3 & 4	7am—6pm	Aquatic Office & Martin Pool	\$20
R34	Aug 17 & 18	7am—6pm	Aquatic Office & Stacy Pool	\$20

RE-CERTIFICATION TRAINING

Lifeguard training and lifeguard re-certification courses require participants to download, print and bring the American Red Cross Lifeguard manual. Manuals can be downloaded at <http://editiondigital.net/publication/?i=95090>

For lifeguards completing the lifeguard training course, you will be required to attend City Skills as a step in the hiring process. This skills session will cover the lifeguarding class prerequisite swim tests, water rescue techniques and CPR/AED scenarios to ensure that you have retained the knowledge base necessary to perform lifeguarding responsibilities. You must bring your seal EZ and a swim suit with you in order to participate and must successfully complete City Skills prior to being placed on payroll. To register for a City Skills session or if you have any additional questions regarding courses, please contact the Aquatic Office at 512-974-9332.

CITY SKILLS

Code	Course Dates	Times	Location
CS1	Dec 5	5:30pm—9:30pm	Stacy Pool
CS2	Jan 19	9:00am—1:00pm	Stacy Pool
CS3	Feb 23	9:00am—1:00pm	Stacy Pool
CS4	March 23	9:00am—1:00pm	Stacy Pool
CS5	April 6	9:00am—1:00pm	Stacy Pool
CS6	April 20	9:00am—1:00pm	Stacy Pool
CS7	May 4	9:00am—1:00pm	Martin Pool
CS8	May 18	9:00am—1:00pm	Martin Pool
CS9	May 25	9:00am—1:00pm	Martin Pool
CS10	June 8	9:00am—1:00pm	Martin Pool
CS11	June 15	9:00am—1:00pm	Montopolis Pool
CS12	July 27	9:00am—1:00pm	Montopolis Pool
CS13	Aug 24	9:00am—1:00pm	Stacy Pool

Please note there is a \$5.00 transfer fee and a \$10.00 cancellation fee for all classes, so be sure to verify your availability prior to registering for a course.

Austin City Council

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Council Member Chris Riley
Council Member Mike Martinez
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Austin Parks and Recreation Department

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Jesse Vargas, Assistant Director
Cora D. Wright, Assistant Director

Mission

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.



<http://www.austintexas.gov/departments/pools-and-swimming>

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 974-9332.